



POTTI SRIRAMULU CHALAVADI MALLIKHARJUNA RAO
COLLEGE OF ENGINEERING & TECHNOLOGY

Approved by AICTE, NEW DELHI and Affiliated to JNTU, Kakinada
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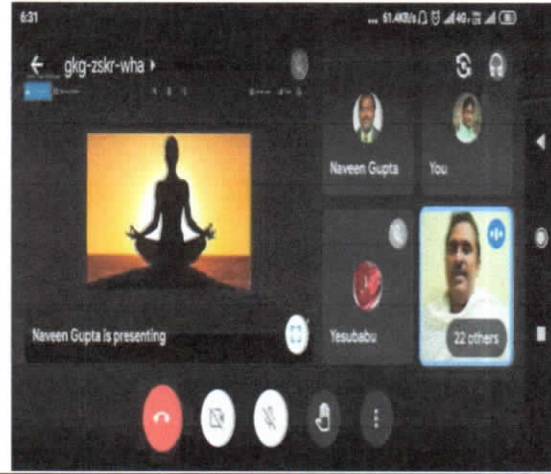
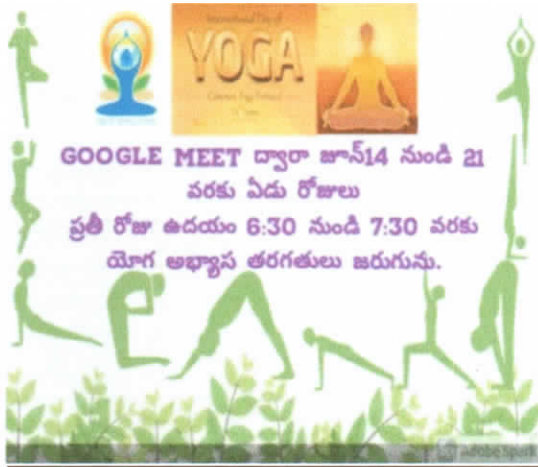
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Date: 21-06-2020

INTERNATIONAL YOGA DAY CELEBRATIONS

No of NSS Volunteers Participated: 60

The objective isto gain balance and control in one's lifeand to free one from confusion and distress. To provide a sense of calm that comes from the practice of yogic exercises and the practice of breath control.On 21-06-2020 NSS Unit of PSCMR CET organised "Massive Yoga Day Celebration through online" on the occasion of International Yoga Day. NSS Volunteers, students and faculty participated in Yoga demonstration programme. Dr. K Sri Rama Krishna, Principal addressed that the purpose of yoga is to develop the habit of meditation among youngsters so that they can enjoy more peace of mind and self-awareness, which is essential for a stress-free existence.



Photos of Yoga Practice by the volunteers

J. N. G. Srinivas
NSS PO

K. N. S. R. Krishna
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